

## TIPS FOR PARENTS TO DISCOURAGE BULLYING

- **Don't bully your own children, physically or verbally**

Use non-physical, consistently enforced discipline measures as opposed to ridiculing, yelling or ignoring your children when they misbehave.

- **Help your child learn the social skills he or she needs to make friends**

A confident, resourceful child who has friends is less likely to be bullied or to bully others.

- **Praise your child for showing kindness**

Let children know that kindness is valued.

- **Teach children ways to resolve arguments without violent words or actions**

- **Teach your child self-protection skills**

Children should learn how to walk confidently, stay alert to what's going on around them and stand up for themselves verbally.

- **Provide opportunities for children to talk about bullying**

Time spent together such as mealtimes, watching TV, reading aloud, playing a game or car trips are good times for family discussions.

- **Recognize that bullies may be acting out feelings of insecurity, anger or loneliness**

If your child is a bully, get to the root of the problem. Seek out specific strategies you can use at home from a teacher, school counselor or child psychologist.

### Riverside Police Services

To report a crime:

**EMERGENCY ONLY  
CALL 911**

**Non-emergency  
354-2007**

more information online at:  
[RPDOnline.org](http://RPDOnline.org)



**SERGIO G. DIAZ**  
CHIEF OF POLICE



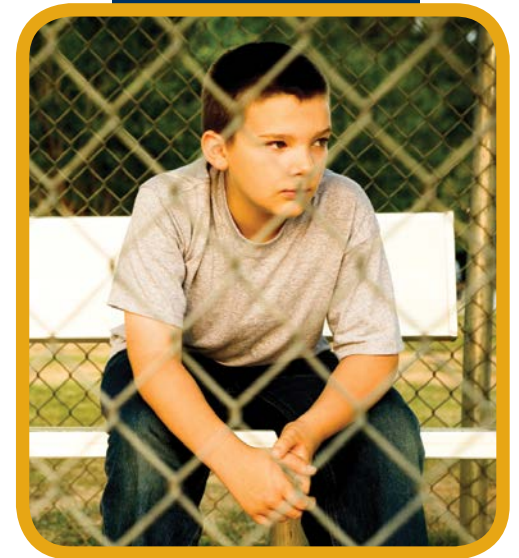
*City of Arts & Innovation*

## Bullies:

### A Serious Problem for Kids



*Integrity Service Excellence*



**Riverside Police Department  
and City residents working  
together to prevent crime**

**[www.RPDOnline.org](http://www.RPDOnline.org)**

## OVERVIEW

Bullying is often dismissed as part of growing up, but it's actually an early form of aggressive, violent behavior. Statistics show that one in four children who bully will have a criminal record before the age of 30.

Bullies often cause serious problems that schools, families and neighbors should not ignore. Typical bullying behavior may include:

- Teasing
- Taking another child's money
- Insults
- Threats

Fear and anxiety about bullies can cause some children to avoid school, carry a weapon for protection or even more violent activity.



***Bullying should not be dismissed as "just part of growing up"***

## THE VICTIM

Although anyone can be the target of bullying behavior, the victim is more often singled out because of psychological traits rather than physical traits. A typical victim is likely to be:

- Shy
- Sensitive
- Anxious or insecure

Some children are harassed for physical reasons such as:

- Overweight
- Physically small
- Handicapped or special needs
- Minority ethnic group
- Clothing denoting religious faith

## THE BULLY

Some bullies are outgoing, aggressive and expressive. They use brute force or openly harass the victim. This type of bully rejects rules and regulations and needs to rebel to achieve a feeling of superiority and security.

Other bullies are more subtle and may not want to be recognized as harassers or tormentors. This type of bully gets power discreetly through cunning, manipulation and deception.

As different as these two types may seem, all bullies have some characteristics in common, including:

- Concern only for themselves
- Desire to control others
- Using others to get what they want
- Motivated by a sense of inferiority or insecurity
- Inability to see someone else's point of view

## WHAT YOU CAN DO

### ● **Listen**

Encourage your children to talk about school, local events and the other kids in class. Pay attention to stories about trips to and from school so you can identify any problems they may be having.

### ● **Take your child's complaints of bullying seriously**

Probing a seemingly minor complaint may reveal more severe grievances. Children are often afraid or ashamed to admit they have been bullied.

### ● **Watch for signs that your child may be a victim**

Symptoms may include withdrawal, a drop in grades, torn clothes or missing money or supplies.

### ● **Tell the school or organization immediately if you think your child is being bullied**

Alerted caregivers should monitor the children and take steps to ensure your child's safety.

### ● **Work with other parents**

Collaborate so neighborhood children can be supervised on their way to and from school.

